

Turning Schedules

Turning schedules may be used to organize care on nursing units with large numbers of patients who are at risk for pressure sores. Patients on a team or unit can be assigned to one of three schedules in a balanced manner, e.g. if six patients are at risk, 2 would be assigned to each of the three schedules. These schedules may have to be adjusted to each day, depending on other components of the patient's schedule.

Direction of Turn	Schedule 1	Schedule 2	Schedule 3
Back (breakfast/bath)	7:00-9:00 a.m.	7:30-9:30 a.m.	8:00-10:00 a.m.
Right side	9:00-11:00	9:30-11:30	10:00-noon
Back (lunch)	11:00-1:00 p.m.	11:30-1:30 p.m.	12:00-2:00 p.m.
Left side	1:00-3:00	1:30-3:30	2:00-4:00
Right side	3:00-5:00	3:30-5:30	4:00-6:00
Back (dinner)	5:00-7:00	5:30-7:30	6:00-8:00
Left side	7:00-9:00.	7:30-9:30	8:00-10:00
Right side	9:00-11:00	9:30-11:30	10:00-midnight
Back	11:00-1:00 a.m.	11:30-1:30 a.m.	midnight - 2:00 a.m.
Left side	1:00 - 3:00	1:30-3:30	2:00-4:00
Right side	3:00-5:00	3:30-5:30	4:00-6:00
Left side	5:00-7:00	5:30-7:30	6:00-9:00